W8BANAKI PILASKW

Odanak Abénakis Newspaper Volume 9 Number 2

Word from the Chief



Kwai chers membres de la Bande,

La réconciliation est l'acte d'aider deux individus ou groupes à redevenir amical après une dispute ou un désaccord. Le désaccord, dans notre cas, était à sens unique. Il provenait d'un groupe qui se croyait supérieur, qui pensait qu'il valait mieux en finir avec ce qu'ils percevaient comme étant inutile dans notre monde; soit une culture autre que la leur. Les gens de pouvoir de l'époque n'avaient aucune considération pour les racines du peuple original qui était considéré comme étant «inférieur». Les résultats se traduisaient par des générations de souffrance inutile. Nous savons aujourd'hui que c'est la vérité!

Au cours de deux générations, de nombreuses tentatives ont été faites pour faire disparaître nos nations. Mais maintenant, les vents changent et nous regagnons nos libertés civiles et le respect que les membres des Premières nations méritent. Pour la première fois de l'histoire, nous avons l'espace social pour devenir ce que notre créateur voulait, c'est-à-dire un peuple fort et homogène. L'équilibre revient.

Prendre l'initiative en tant que membre de la communauté et en tant que membre de la société en général et de contribuer à l'apprentissage et le partage de notre culture, notre langue et notre histoire nous permettra de commencer à guérir, de reconnaître et de célébrer qui nous sommes en tant que peuple.

Par notre culture et nos communautés, nous allons guérir les blessures résultant d'une période où nous étions considérés comme un problème qui devait être réglé. La honte et la violence subies par notre peuple simplement en raison de notre race n'est plus acceptable. Nous devons aussi mettre un terme à la violence latérale au sein de nos communautés. Nos enfants et leurs enfants méritent mieux!

Il y a un rapprochement final très important qui est aujourd'hui nécessaire dans notre monde, soit la réconciliation interne. Nous devons nous défaire des sentiments négatifs tels que la haine et la honte, ceux que nous avons intériorisés et qui nous privent de notre bien-être individuel et communautaire. Nous devons remplacer l'hostilité par des activités positives qui continuent de contribuer à un environnement sain et qui ne recèle plus la haine. Nous devons travailler ensemble afin de restaurer la fierté de notre patrimoine, pour les générations présentes et futures.

Il existe de nombreuses initiatives pour promouvoir la guérison et le bien-être de la communauté. Contactez votre maison de la famille pour en savoir davantage à leur sujet. Il est temps de monter à bord, si vous ne l'êtes pas déjà. De nombreux membres ont des compétences qui peuvent être enseignées à nos enfants et nos petitsenfants et des initiatives sont en place afin d'accueillir ces enseignements. Notre communauté est remplie d'activités constructives qui font appel aux connaissances de nos aînés afin de les partager avec la prochaine génération. Des initiatives telles que le programme de camp de jour d'été, des activités de canot et de camping et d'autres rassemblements communautaires.

Impliquons-nous!

Paix et amitié, Chef Rick O'Bomsawin

THE ABENAKIS OF ODANAK COUNCIL **UNVEILS ITS NEW OFFICES**



It is with great pride that the Abenakis of Odanak Council team shall officially inaugurate its new administrative offices today. Since October 20, 2014, major work has been carried out at our site at 104 rue Sibosis, in Odanak, and the end result shall now be unveiled.

This ambitious project, designed and developed by the Grand conseil de la Nation Waban-Aki (GCNWA) Technical Services team, was completed by the general contractor Construction G. Therrien following an investment of nearly 1.5 million dollars, largely from the financial surplus of the Band Council. For the occasion, Executive Director of the Odanak Band Council, Daniel G. Nolett, thanked Aboriginal Affairs and Northern Development Canada (AANDC) and the Secrétariat aux Affaires Autochtones du Québec (SAA), as part of its Community Infrastructures component of the Aboriginal Initiatives Fund II, for their financial contribution to the project. It is also important to highlight the quality design work of the facility's parking lot carried out by the GCNWA's Technical Services department. The work, valued at nearly \$250,000, was then carried out by the Sorel based company Danis Construction Inc.

This occasion was also an opportunity for presenting the renovations that have just been completed at the Odanak Health Centre. Indeed, a reorganization of the archive department and management offices was made. The work, valued at over \$400,000, was also designed and developed by the GCNWA's Technical Services department. Note the active participation of several members of the community in the realization of the two projects.

It is therefore in the interest of Odanak community members along with excellent financial management by Chief Rick O'Bomsawin, the Executive Director and Band Council councillors that the Abenaki people of Odanak will now benefit from all the usual services in two new facilities better adapted to the meet the needs of all.



Update on the current situation with the Restaurant au Calumet Inc.

In 2009, a unanimous decision was taken by some assets. We should also mention that the existing Council, namely Messrs. Richard O'Bomsawin, Alain O'Bomsawin, Jacques Thériault Watso and Clément Sadoques as well as Ms. Nicole O'Bomsawin, all under the consent of the population, to purchase the restaurant in order to continue its operations. This decision was taken following certain studies conducted which showed potential economic viability and long-term profitability. It was impossible at that time to determine that the restaurant industry would experience a slump in Canada. Unfortunately, Odanak was not spared. Given this situation, the acting councillors decided to no longer pursue the Restaurant's activities and close the business.

However, I would like to specify that despite the losses, all is not lost. Certainly a debt remains in relation to the business, but it is important to remember that there are still throughout the years of operation, there were local economic benefits starting with the 17 to 20 employees who were able to support their families with their salaries.

Currently, the Abenakis of Odanak Council is conducting a strategic reflection on the future of the building. A decision has yet to be made. But from an economic point of view, it would be reasonable to consider leasing the building to a third party for commercial purposes. Thus, revenues from this property would help mitigate the previously incurred losses and even provide a profit over the long-term. In closing, I would like to thank all those who

participated in some way in this project, starting with the employees in office between 2009 and today.

Rick O'Bomsawin

Word from Management



DANIEL G. NOLETT, Executive Director Abenakis of Odanak Council

Kwaï mziwi!

Construction work on the administrative office building is over. In fact, by the time you read this, we will have already moved into our new offices, as the move is scheduled for the week of May 18. Only the landscaping work will be left and finalizing the parking area. This work will be done in June. Construction cost estimates were met, which totalled approximately \$1.5 million. Community members will be invited to a grand opening soon.

The general contractor Construction G. Therrien carried out the work, with the help of two members of the community whom they hired. One worked for 6 weeks and the other for 8 weeks. As we mentioned previously in other editions of the Pilaskw, we did not have to borrow a single penny for the construction of the new administrative office. In fact, we used the surplus from 2011-2012 to today and we received a \$200,000 grant from Aboriginal Affairs and Northern Development Canada (AANDC). Finally, the balance of funding comes from the Secrétariat aux Affaires Autochtones du Québec (SAA), Community Infrastructure component of

Keeping with the subject of construction work, the renovation and expansion of the Odanak Health Centre began in February. Health Canada granted us \$317,000 so we could arrange a storage room for archiving and filing client files, and the reception area in order to be compliant with Accreditation Canada standards. By the same token, Health Canada recognizes that we need more office space at the Health Centre. Our community health plan, accepted by Health Canada, shows that in fact, we need at least four additional offices. The total expansion will cover an area of 1,250 square feet. The Council must invest \$70,000 in cumulative surpluses from health to cover the total construction costs, which should total around \$390,000. Work should be completed by mid-May.

The new website, completely revamped, was launched in mid-March. We hired the firm Uppernative to complete this mandate, which represented an investment of nearly \$5,000. We invite you to visit this more user-friendly site regularly to follow the Council's activities as well as what is going on in Odanak. Do not hesitate to send us your comments about your appreciation of our new website after having visited it a bit!

Regarding the claim of Article 6 and its discriminatory effects, hearings in the Superior Court of Quebec for our cause against Descheneaux al. held from 6 to 15 January. We expect a ruling in the month of June 2015

Regarding the challenge of Section 6 and its discriminatory impacts, the hearings at the

Descheneaux against the Attorney General of Canada were held from January 6 to 15, 2015. We expect a ruling in June 2015.

As I am writing these lines, we have initiated a prioritization exercise for 2015-2016. The exercise should be completed in May. We will keep you informed of the content of the priorities in the next issue of Pilaskw.

There will be a day camp this summer in Odanak. We are in the middle of the registration period for the camp and in the midst of recruiting students to work at this day camp focused on Abenaki culture. This summer activity is for children in the community and the area, between 5 and 12 years of age.

The seven bronze plaques that were robbed last fall on the grounds of the Catholic and Anglican Church will be replaced shortly. They should be installed by mid-May. The cost for replacing these plaques totals nearly \$40,000, but a large part of these costs will be covered by our insurance.

In closing, we are pleased to announce the DVD French-Abenaki lessons, Volume 2 is now available. You can purchase it for \$20 at the Abenaki Museum gift shop.

Word from councilors



Claire O'Bomsawin Councilor

Kwai

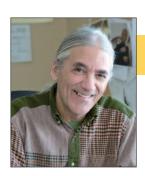
It is with pleasure that I hereby present a report of the activities that our elders have participated in over the last few months:

- This spring, there was a fun trip to the sugar shack. Around thirty people participated and shared a delicious traditional meal in friendly company.
- On Saturday, April 18, as part of Earth Day, it was a pleasure to participate in the potluck. This activity was also a success!
- At one of the traditional community lunches held on Tuesdays, elders had the opportunity to share with Ms. Isabelle Picard, anthropologist and cultural policy consultant. This meeting was in connection with the recently received questionnaire on the different facets of Abenaki culture.

With the purpose of enabling elders to participate in community life and promoting intergenerational exchanges, a wonderful basket-weaving activity was launched. The courses, offered by elders, were held at the Museum over nearly 16 weeks. A huge thank you to the elders who have helped pass on this tradition.

Furthermore, I wish to inform you that a provincial grant application was recently forwarded in order to obtain funding for activities for elders. A response in relation to this application should be received by the fall.

I would like to wish all Band members a wonderful summer. If you have any questions, please contact us toll free at 1 888 568-2810.



Réjean OBomsawin, Councilor

Kway,

Wôbanaki Alnobak Odanak

Profound changes begin with steadfast values such as those our people possess:

- Respect for self and others: Take the time to observe and show concern about another's well-being.
- Fairness : Be fair in attributing what belongs to each of us.
- Foresight: Show openness, sensitivity and confidence to better see coming events and show responsibility.

Through the strength of these values, I am ready, along with a strong and united Council, to undertake with your support, another term and to have the honour to be your voice for our Nation.

Kchi Wli Wni



Alexis Wawanoloath, Councilor 450 561-8113

Kwaï Kwaï to all,

A little over a year and a half ago, several members of our Nation gave me the mandate to represent you by electing me as Councillor at the Abenakis of Odanak Council (AOC). Representing you at the AOC has been one of the greatest honours granted to me in my life. I take my responsibilities as Councillor very seriously and I try, in every one of my actions as part of this mandate, to act in the best interests of all Abenakis of Odanak members. Since my election, I have experienced moments of joy but also disappointment. I have great hope in our Nation's potential, we have an extraordinary human capital and I would like to gather as many members of our community as possible through action so that everyone may contribute in their own way to the development of our large family.

Closing of the restaurant Le Calumet

Recently, during the Council meeting of June 1, following the request for a new loan of \$250,000 for the restaurant Le Calumet, we made a tough decision, to close the restaurant Le Calumet. This closure had become inevitable because Le Calumet had accumulated, year after year, significant operating deficits. In fact, the restaurant had a deficit of about \$100,000 for the 2014-2015 fiscal year and over \$255,000 for the 2013-2014 fiscal year, representing an accumulated operating deficit of more than \$560,000. We learned on Thursday, June 4th, that Le Calumet owed money to several creditors, such as \$175,000 to the Government of Quebec in taxes and income tax for non-Abenaki employees, and \$70,000 to suppliers, in addition to \$235,000 to the Abenakis of Odanak Council and \$153,000 to the Société de développement d'Odanak (SDO), which is under the authority of the AOC. In total, we were told it would cost the Council a minimum of \$226,000, including the

government debt, vacation and notice pay just to close this restaurant. This amount does not include the wage subsidies the Council had granted to this restaurant. To sum up, the Abenakis of Odanak shall lose a minimum of \$614,000 in this whole misadventure. That's more than half a million dollars that could have been used to fund other economic or social development projects. We shall have all the final figures in September and we plan to hold a special meeting on this subject. How did we allow this to happen? Since I have been elected, in December 2013, even though as Council member I was an administrator of the SDO, never was a meeting held with the SDO, and were rarely consulted during Council meetings. This shows the relevance of having a financial audit committee. A Committee that members had requested in majority during a public meeting in February 2014 and that the majority of the Abenakis of Odanak elected Council failed to implement.

Day Camp

I am very pleased that the AOC decided to have our own day camp for our primary age children living in Odanak or the region. This project had been presented and requested by several people in the past, including Jennifer O'Bomsawin who will be the coordinator.

Primary school

The activities by the primary school committee continue. We recently visited the Huron-Wendat school in Wendake, and we will soon visit a private school from the Vision school network which specializes in language teaching. Through these visits, we hope to have several examples to aid our reflections about the possibility of opening a school. In addition, we are working with the First Nations Education Council to examine the issue in order to understand all the details, including primary school related costs, in order to make the most informed decision possible.

Prioritization

In the last prioritization exercise adopted at the June 1st AOC meeting, I would like to point out a few items:

• For September 2015, we would like to establish the rules for allowing US members access to postsecondary education funding. We would like to invite members with US citizenship to study and live in Canada for one year at their expense. Subsequently, we would have the possibility of funding their education in Canada while respecting AANDC guidelines. Should students complete successfully their program, the AOC would reimburse tuition fees and living expenses for the first year.

- We would like to establish a workforce profile of our members living in Odanak and those not living in Odanak. Subsequently, when positions open or are created in the community, we could directly contact members who have the required qualifications.
- By the end of October, the Council will change the church's windows which are in a state of disrepair. In addition, work is underway to change the sacristy floors. The bell will also be repaired by the end of June.

If you have further questions concerning the prioritization exercise we carried out, do not hesitate to contact me.

Tour of cities with a large concentration of members As I told you in the last Pilaskw edition, I tabled a budget to tour the assemblies in cities where there is a large concentration of our members. I had budgeted \$8,000 to do this. Unfortunately, a majority of elected representatives at the AOC did not support this request, arguing that the website and this newspaper provided sufficient tools to inform our members not living in Odanak. I was also told that this approach was too expensive, an argument I find difficult to accept given that we project a surplus of approximately \$500,000 for the 2014-2015 fiscal year.

Several other issues have drawn my attention since the last edition, but it is impossible for me to report everything I have done, so please contact me if you would like more details.

Wliwni



Mathieu G. O'Bomsawin
Conseiller in charges of
files: culturel, economic
and tourism development
Abenaki Museum, youth
and police

Kwaï mziwi,

Cultural policy

Last March, the cultural policy drafting committee asked me to represent them within the Council to act as a liaison between the Council and this committee. The committee is composed of several community members: Luc O'Bomsawin, Michel O'Bomsawin, Élise Boucher Degonzague, Thérèse O'Bomsawin, Nicole O'Bomsawin, Jennifer O'Bomsawin, Mandi Thompson, Jean-Paul Lamirande-O'Bomsawin, Steve Williams-Benedict and Sylvain Després. In my last article, I mentioned that the Council had signed a cultural development agreement with the MRC of Nicolet-Yamaska. This agreement has enabled the Council to receive a budget of \$30,000 to be invested for our culture. In the action plans developed as part of this agreement, the creation of a cultural policy was one of the primary objectives. Thus, an amount of \$15,000 has been reserved for this purpose, which will permit

the hiring of a consultant: Ms. Isabelle Picard, from the Huron-Wendat community of Wendake. The development process of our cultural policy is thus official. The committee and the consultant are currently in the data collection stage. Various means have been undertaken: sending a questionnaire to the entire population, individual meetings with certain people involved in culture, different focus groups (elderly, youth, women, etc.), and a public forum open to the general public wishing to speak on the important elements surrounding culture. Given that culture does not have territorial boundaries, we invite all people to express themselves on the subject. Cultural policy is one of our last chances to acquire a structure and an action plan that will meet the needs of everyone in safeguarding, transmitting and highlighting our culture.

4th International Aboriginal Tourism Conference

Given that after our last prioritization exercise, the Council had defined the recreation and tourism sector as a priority, I had the opportunity to attend the 4th International Aboriginal Tourism Conference which was held in Quebec. My presence at this event was aimed at discovering Aboriginal tourism businesses, interact with local stakeholders and perhaps identify some business opportunities. This participation is part of our initiative to develop greater tourism offering, always with a view towards economic development.

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Abenaki Social in Albany

On April 25 the 5th annual Sigwan was held. For the second year, I had the opportunity to participate and to meet some members living in the United States. This kind of gathering is always nice since it creates a link between the Abenaki people living in the community and those living outside. Despite the distance, I can say that we all share the same pride and a strong sense of belonging. I would like to take these few lines to highlight the efforts of our members living outside the community in maintaining a strong relationship among us and who know how to express their attachment to their Nation. Wliwni mziwi!

Pow Wow 2015

The 56th edition of the Abenaki Pow Wow of Odanak was held from July 3rd to the 5th. This was an opportunity for all members to come and spend some time in Odanak for the weekend of festivities! For its 56th edition, the Odanak Pow Wow remained true to its formula: many activities marked the first weekend of July, with the sound of drums and native songs. This was also an opportunity to share our Abenaki traditions and taste some typical dishes, such as smoked fish, bannock and sagamité. On Friday evening, Samian, an Algonquian rapper who had previously performed in Odanak in 2008, came back three albums later to sing songs from his latest album.

It was the event of the summer to come and visit your Abenaki family members!

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The celebrations begin with a bang!



A pair of awards to start off the festivities!

First, on March 26th, the Abenaki Museum received the Cultural Centre/Interpretation Site/Museum Award at the grand Entrepreneurship

O'Bomsawin-Gauthier, Councillor and Administrator with the Museum's Board of Directors, proudly attended and received the honour. The purpose of the evening was to recognize excellence in all Canadian museums and to highlight the most significant museum successes. With its national archaeological project, the Museum has been able to promote understanding and the acquisition of new knowledge. With these two new awards, the Museum and its team have now received eleven awards since 2011. Be proud of your museum, its authenticity and Recognition Gala for Aboriginal its innovative and unifying projects!

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Museum's early years, but also some new items received since. Inspired by these objects, tradition bearers and actors in the history of the Museum share with you on video, related life events or traditional skills. Indeed, the exhibition celebrates 50 years of complicity between the Museum and its community: it is a tribute to those who founded, led and supported the Museum all these years. By December 2016, the multipurpose room (2nd floor) will host successively, over the seasons, a selection of objects from our collections that are the pride of the Museum. Currently, it houses 28 works

Abenaki traditional territory and relive the conflicts that led different groups to settle here in Odanak. On the other hand, you can follow the steps of the work carried out by archaeologists and apprentices to learn about the lifestyles of the Abenaki who settled on the banks of the Saint-François River. Made possible by a grant from the Virtual Museum of Canada, Fort Odanak: 1704-1759, The search for traces of a fortified Abenaki village is an exhibition to be viewed from the comfort of your home.

Finally, I would like invite the artists



tourism, held in Quebec City. This Many of you participated in the award recognized the Abenaki Museum which managed to stand out by offering an exceptional and quality tourist experience to visitors and has promoted Aboriginal culture in all its forms. On April 15th, the Museum also received the Excellence Award from the Canadian Museums Association (CMA) in the "Research" category for its project Odanak Fort: the past revisited. This award was given during the awards ceremony of the 2015 CMA National Conference. which was held in Banff, Alberta. Michelle Bélanger, Executive Director of the Museum, and Mathieu objects presented during the For one, you can travel through the Vicky Desfossés-Bégin

opening of our exhibition Kizi n8nninksa kassigaden! – The Musée des Abénakis: 50 years young! For those who unfortunately could not be present, note that registered Odanak and Wôlinak band members can now visit the Museum's exhibitions free of charge (upon presentation of proof of membership). Take this opportunity to rediscover your museum with family or friends while remembering good times! This new exhibition showcases an abundance of objects from our collections. You will be able to view

by the artist and ethnologist Jean-Claude Dupont, and the 28 related legends. Do you remember that these paintings were presented here

After several months, we can finally announce that our virtual exhibition Fort Odanak: 1704-1759, The search for traces of a fortified Abenaki village, designed and produced by Museum, archaeologist Geneviève Treyvaud and Bienvenuemultimédia.ca has been officially launched and is accessible via our website www.museedesabenakis.ca.

and artisans of the community to make an appointment with our gift shop employee, Hélène Gill, to present your products and take advantage of the exceptional opportunity that the Kiz8bak shop offers. You can contact her directly by calling 450 568-2600.

We wish you a great summer and hope to see you soon at the Museum!

Committee for drafting the cultural policy : progress update!

Kwaï mziwi,

We wanted to take advantage of this edition of the newspaper to give you a progress update on the drafting of the Abenaki cultural policy. Ms. Isabelle Picard prepared a questionnaire which was sent in early April to all Abenaki members of Odanak (residents or not). To date, we have received about one hundred questionnaires! This democratic exercise will serve as a cultural orientation approach for the Council and will also enable them to set goals and priorities for the coming years.

We conducted group meetings (youth, seniors, women), but also individual meetings. The information gathered during these interviews will help complete the ongoing data collection. In addition, a public consultation was held on May 20 at the Odanak family hall, which allowed us to complete

the collection of information. Given that policy remains alive and that culture is not limited to a particular territory, we invite you to continue contributing to this policy by sharing your experience, your knowledge or any other relevant information related to this policy. Thank you for having given of your time for this exercise, which is so important for the preservation and transmission of our culture.

Kchi Wliwni

The committee for drafting the cultural policy

News from the M8wwa Committee!

Traditional gathering site: Wigodi

The traditional gathering site project conducted by the M8wwa Committee is progressing well. Although the delay is longer than expected, Committee members will do their utmost to ensure that we can all (the whole community of course!) enjoy it during the summer. The location and name were chosen: Wigodi. A panel is currently being designed by an Abenaki artist. This site shall be a protected location where certain very simple rules shall be observed. The site shall be available to community members for use according to Abenaki customs and traditions. We look forward to organizing gatherings there!

Camping project on Île Ronde

In partnership with the Abenakis of Odanak Council, the Odanak Health Centre, the FNCFS and the Ndakinna Office at the Grand Conseil, the M8wwa Committee has developed a camping project on Île Ronde that will take place June 20 and 21, 2015. We have been thinking about it for some time and we are very proud to discover that the project meets the interests of other community partners. We hope you will participate in large numbers. It is a great way to celebrate National Aboriginal Day (June 21)! Besides, Kchi wliwni to all partners. Such a project could not have been carried out alone!

Youth consultation on a cultural policy

On April 7, 2015, during a group meeting, M8wwa Committee members attended the consultation conducted by the Odanak Cultural Committee for drafting an Abenaki culture policy. The points brought forth by the young people were really interesting. We appreciate having been consulted as part of this policy. We also look forward to seeing this policy implemented and the action plan that shall follow!

Earth Day

An activity for Earth Day was held at the Odanak community hall on April 18. Several partners contributed to the organization of this day, including

M8wwa Committee members. In fact, we helped set up the hall and we prepared food for the potluck. A great opportunity to get together! Many of us had never attended a screening of the Grands Explorateurs, so it was very much appreciated!

Albany

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Some committee members attended the rally held in Albany on April 25. It is always a pleasure to spend time with people we don't have an opportunity to see as often, but who are also part of the Nation. We plan to return for the next event to be held in October 2015!

Project W

It was a pleasure for M8wwa Committee members to grant a \$100 sponsorship to Project W. A project led by community youth from Odanak and Wôlinak with a fashion show that was held on May 2 in Nicolet!

Do not hesitate to contact us if you have questions concerning the M8wwa Committee or the activities that the members of the Committee do!

If you have project ideas. If you want to get involved with the Committee.

Contact us!



Wliwni, M8wwa Committee members



Visitez notre page Facebook Comité M8WWA Committee





FEMMES AUTOCHTONES DU QUÉBEC INC. QUEBEC NATIVE WOMEN INC.

2014-2015 Activity Report – Abenaki Nation Quebec Native Women's Association

The annual general assembly of the Abenaki Nation Quebec Native Women's Association was held in September 2014 in Odanak. This Association has existed for 40 years and we are very proud to represent a group of about thirty women from our Nation. Every year we meet on a few occasions to discuss major issues affecting Aboriginal people. This year, we addressed the subject of traditional governance through an activity led by our President of Quebec Native Women, Ms. Viviane Michel from the Innu Nation.

Nemikwaldamnana "We remember"

On October 4, 2014, the Association organized an activity with the help of numerous partners such as the Abenakis Council, the M8wwa Committee, the Abenaki police force and the FNCFS, to commemorate October 4. We also welcomed thirty participants for a beautiful torchlight procession in memory of missing and murdered Aboriginal women. Participants enjoyed this unforgettable moment that will be repeated in October 2015.

FAQNW Grand Gathering

On November 14, 15 and 16, 2014, the Association celebrated its 40th anniversary in Laval. Each year, the eleven Nations meet to discuss the many issues concerning their communities. We attended this inspiring weekend to recharge our batteries and also to proudly show our colours for our future generations. The Abenaki Nation was represented as follows: the Abenaki representative (Mandi Thompson), deputy representative (Nicole O'Bomsawin), elder representative (Annette Nolett), youth representative

(Kassandra Lachapelle), deputy representative (Suzie O'Bomsawin) and a member elected to experience something unique (Mélanie O'Bomsawin).

November 2014-2015

During this period, many members also participated in the drafting of the bill on matrimonial property in Odanak. Focus groups were formed so that everyone could share their vision, while participating in community meetings of the Abenakis of Odanak Council.

The Deschenaux case

On January 6, 2015, members of the Abenaki Nation Quebec Native Women's Association, accompanied by the Abenakis of Odanak Council Executive Director, Mr. Daniel G. Nolett, were present at the Deschenaux hearings, in which the discriminatory aspect of the Indian registration rules was discussed. This case is still ongoing and we are awaiting more information.

January to March 2015

Chaïak members, QNW Association members, as well as Abenakis of Odanak Council members, launched a project on making traditional baskets. During this activity, which was held at the Abenaki Museum, the future generation was thrilled to learn more about their traditional roots shared by our elders and also to discover their talents in basket weaving.

February 2, 2015

Our group of women participated in the 2015 Winter Carnival which was held at the Odanak

family hall. A workshop on the black ash was held to demonstrate to our brothers and sisters our creativity by making pins for the People of the Rising Sun. A creative workshop of traditional bands was also held for young children to show them our identity as Abenaki people.

International Women's Day: March 14, 2015

As part of the International Women's Day, an event was organized by the Collective des femmes de Nicolet et régions at the Centre des Arts populaires de Nicolet. Nicole O'Bomsawin led a workshop during this event on cultural and territorial dispossession experienced by the Aboriginal people since colonization. The event attracted more than fifty participants. It was also a great opportunity for sharing between Nation members and the regional organization.

April 18, 2015: Earth Day

We celebrated our 5th edition of Earth Day with the Odanak Environment and Land Office, which welcomed around thirty participants during this special day. It was filled with a wonderful energy through numerous partnerships for the potluck lunch, not to mention the participation of traditional singers, and the Ndakinna Office who made possible the screening of the Grands Explorateurs. This event allowed people to gather while focussing on respect for our Mother Earth. See you at our next meeting for the 2016 edition!

Members of the Abenaki Nation Quebec Native Women's Association.

ENVIRONMENT AND LAND OFFICE ODANAK

News from the Odanak Environment ans Land Office

YELLOW PERCH PROJECT IN ODANAK... A SUCCESS STORY!

The new stream:

Last summer, the stream connecting the Saint-François River to the community's 1st La Commune marsh was completed. The main objective was to



provide perch access to the marsh as this marsh was formerly a good spawning and habitat site for this species. Several factors were involved, including a decreasing flood level, an inadequate culvert and the dredging over time of the stream, which no longer allowed the fish to reach the marsh. Therefore, in July 2014, a new longer and not as steep stream, along with a new culvert buried in the stream, replaced the previous straighter stream and the outdated culvert. The slopes of the new stream were also flattened and stabilized with vegetation.



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Results:

In the spring of 2015, between April 16th and 30th, fyke nets (fishing gear) were installed at both ends of the new stream to study whether yellow perch from the Saint-François River were able to reach the marsh and whether they could regain the Saint-François River. The project was successful, because even with very low water levels during the spring freshet, around sixty perch were caught at the other end of the new stream.

Twenty of these fish undoubtedly came from the River since they were first caught in the fyke nets placed at the mouth of the stream, marked with a red dot, and then recaptured at the entrance to the marsh. In addition, about thirty small yellow perch from the marsh swam down the new stream during this same period. These yellow perch were likely born last spring, spent the winter in the marsh and are now returning to the Saint-François River and Lake Saint-Pierre.



Conclusion:

The newly constructed stream allows perch to swim from the Saint-François River up to the community's 1st La Commune marsh and back during the spring freshet even when water levels are low. In addition, the 1st La Commune marsh is in fact a spawning ground for Lake Saint-Pierre yellow perch.

Opening of

a second

walking trail

in Odanak

If you like to walk and

enjoy the rich outdoors

A second walking trail is

now available for you in

The Koak trail (the pine

trail), with a length of

700 m, is a loop on the

former land of Judge Gill

or Dr. Bouchard (on

Waban Aki Street just

before Notre-Dame-de-

Pierreville). This trail is

rich in new wabanakiak

medicinal plants and

allows you to discover

this beautiful land and

diverse ecosystems.

in Odanak.

the community.

CAPSULE "SPECIES AT RISK IN ODANAK"

Ostrich Fern

The ostrich fern or fiddle-head fern (Matteuccia struthiopteris) is a large fern that can reach up to 2 m high. The fronds (leaves)

resemble ostrich feathers. When they emerge from the soil, the ferns (fiddleheads) are bright green, smooth, with a deep groove and are dotted with brownish scales. In addition, the fertile part of this fern grows on a separate stem 30 to 50 cm long.

Although this plant is not rare in the wild for the moment, the mass removal for the marketing of this food resource and the low spore germination rate, associated with the necessary habitat for this plant to grow (mature forest), has given it the status of vulnerable species to harvest in Quebec. When harvesting fiddleheads, it is highly advisable to pick less than half of the plant's fiddleheads so as not to jeopardize the plant's survival or its reproduction.

Every spring, the Odanak Environment and Land Office, aided by the police force and informed members carry out patrols to prevent people from harvesting this plant without the Council's authorization on Île Ronde or elsewhere in Odanak. The community needs your help in stopping this illegal harvesting on the Odanak territory. If you see harvesters on the territory, please let us know as soon as possible. Thank you!

Odanak Disposal Site

If you are doing some work on your land and you are wondering where to dispose of your waste (peat, top-soil, wood, logs, branches, dead leaves, sand, soil, other).

There is a disposal site in Odanak for this type of waste which is free for Odanak residents. It is open from May to November. To use it, you must contact the Abanakis of Odanak Council so they can open the gate and they will accompany you on the site and tell you where and how to dispose of your waste. You can also access the site outside regular Council opening hours by making arrangements ahead of time.

Note that the cost for transporting your waste is your responsibility and it is forbidden to dispose of lumber, concrete or asphalt at the site.

For more information or to give us some feedback about this service, please contact the Odanak Environment and Land Office (450 568-6363).

Have a great summer!



Service to residents only Access to the Odanak disposal site



- 1. To enter the site and to open the gate, you must be accompanied by a disposal site representative.
- 2. For all disposal projects, contact the Abenakis of Odanak Council to access the site.
- 3. Outside the Council's opening hours, make an appointment in advance with one of the representatives by calling the Council.

Abenakis of Odanak Council, 450 568-2810 102, rue Sibosis, Odanak

Monday to Thursday from 8am to 4pm and Friday from 8am to noonz

ACCEPTED AT NO COST

NOT ACCEPTED Lumber - Garbage

Any other material

If you have comments or questions about this trail, please let us know.

Thank you and enjoy your walk.



For photos, videos and information about us, please visit our Facebook page: Bureau environnement et terre d'Odanak

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The Odanak Environment and Land Office team (spring 2014): Michel Durand, Émilie Paquin, Luc Gauthier, Christopher Coughlin, Steven William

62 rue Waban Aki, Odanak, Québec, Canada, JOG 1H0

Tel: 450 568-6363 Fax: 450 568-6385 odanakenvironnement@gmail.com

Website: http://www.cbodanak.com/environnement-et-terre.html

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Ndakinna: Our Land



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The first stage of the project « Ndakinna: Our Land » is finally complete! In preparation since the summer of 2014, this objective of this study is to create a portrait of the practice of traditional activities by members of the Odanak and Wôlinak communities. Members' response to the first phase, consisting of a telephone, online and paper survey, exceeded our expectations. More than 150 people responded to the questionnaire.

Utilisateurs indirects
1%

Anciens
utilisateurs
12%

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To those who stated that «the Abenaki no longer use their territory», we can now respond with assurance that it is not the case! The figures are unequivocal; of the 93 Abenaki who responded to the telephone survey - which based on random sampling -85 are current or previous users of the territory. This represents over 90% of respondents.

The most practiced traditional activity is undoubtedly fishing. In addition, many Abenakis also regularly practice hunting, although access to territories for this activity is more complex due to the private ownership of land. Results also show that trapping, gathering for food and medicinal purposes, as well as the collection of traditional materials are activities that are still very much alive in communities. If these results do not surprise you, it is likely that you are still practicing these activities. Nevertheless, the data collected are invaluable for the promotion and affirmation of the Nation's traditional territory.

The next stage of the study is crucial. It shall consist in a biographical mapping study. This method was developed by First Nations in Canada and is an essential tool in terms of territorial affirmation. It includes recording on a map, with your assistance, your history regarding hunting, fishing, gathering and other traditional activities. This data are then deidentified - and confidentiality is preserved - and aggregated to thereby produce factual and indisputable evidence of the Abenaki presence on the territory.

We are therefore counting on you to participate with as much enthusiasm as in the first phase. The study's success depends on it!

Wliwni!

For more information or to have access the more detailed results, please contact us (hmcouture@gcnwa.com or 819 294-1686).



Hugo Mailhot Couture, Project Manager at the Grand Conseil

Marie-Ève Samson, Research and Survey Agent at the Grand Conseil

Benefits from the project to develop a climate change adaptation plan for the Odanak and Wôlinak communities

The Grand Conseil de la Nation Waban-Aki has worked over the past year on an adaptation to climate change project (ACCP) for the communities of Odanak and Wôlinak. This project ended on March 31st with very positive results.

First, it is important to thank the people from both communities that have actively participated in various outreach activities that took place throughout the year. Information meetings, working committees, workshops with youth from the homework assistance program and the Sparks (Étincelles) project, here are some of the activities held as part of this project.

The development of the ACCP has allowed us to identify a number of climatic consequences due to climate change, such as shorter winters with less snow; more frequent periods of thaw; higher humidity in summer; decreased rain precipitations in summer, but higher in winter; more frequent floods, etc. These consequences in turn have an impact on communities such as the decrease in the abundance of fish, the appearance of new species, altered bird migratory patterns, more visible erosion of river banks, the increased amount of mosquitoes in summer and so on.

The original purpose of an ACCP is to evaluate climate conditions in a given region and the subsequent consequences in order to propose concrete adaptation measures to be implemented in communities. To this end, ten measures were proposed for Odanak and Wôlinak and were approved by the working committees from both communities. For example, the creation of green spaces to fight against heat islands, characterization of river banks sensitive to erosion or the adoption of public assistance programs such Écologis, are all part of the ACCP.

One of the most important measures proposed is the integration of the ACCP to the emergency measures plans of both communities. To achieve this, we received a grant from Aboriginal Affairs and Northern Development Canada (AANDC) for the upcoming year. One of the benefits of this project will include applying the ACCP measures more concretely with communities. In addition, as part of this project, the population shall remain actively involved through information sessions and other awareness tools.

Myriam Beauchamp



June 15, 2015 The World Elder Abuse Awareness

Day



Abuse is unacceptable! Being humiliated, discriminated against, threatened, extorted money, pressured for inheritance, being impatient, treated like children, bullied... That's also considered abuse.

How to recognize abuse?

Here are some clues that may indicate an abusive situation. For example:

- Increased number of bank transactions
- Social isolation
- Bruises and injuries
- · Change in behaviour
- Depression
- Lack of proper hygiene

If you know an elder who is being abused? Here's what you should do:

- Take time to listen without judging
- Explain that they do not deserve to be treated that way and that they are not responsible for what is happening
- Encourage them to report the abuse
- Suggest that they seek help from a professional
- Speak to the victim one on one

Means of prevention:

- Stay involved and active
- Inquire about your rights
- Keep your money in a financial institution rather than at home
- Make your own decisions
- Do not make hasty decisions under the influence or pressure of another person, even if they seem nice
- Read carefully and make sure you understand the document before signing it

Educate those around you about elder abuse!

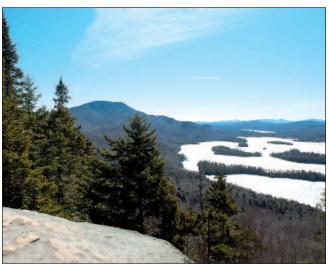
ELDER ABUSE HOTLINE 1 888 489-ABUS (2287) Free and confidential services

Daphnée Couture, Nurse responsible for the care

Visit to the Adirondacks

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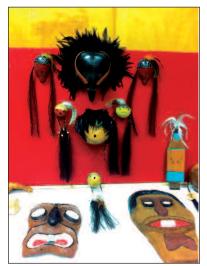
On April 19th, we were at Blue Mountain Lake to attend a presentation organized by the Adirondack Museum. But of course, before attending the official presentation, we went to see what nature had to offer by walking the Castle Rock trail! The breathtaking view of Blue Mountain Lake allowed us to experience a little of the way of life of the inhabitants of the region and became an introduction for us to the presentation offered by the Museum, which was entitled « The Abenaki in the Adirondacks: Diverse Experiences from the 18th Century to the 21st Century ».



On our return, we were anxious to hear from the panelists and visit the Museum to learn more about their experience. The first speaker was Dr. Christopher A. Roy, a cultural anthropologist, who began by presenting the great Abenaki men who lived in the Adirondacks in the 18 and 19 hundreds. He highlighted some of the history of Sabael Benedict and Peter Sabattis. Dr. Roy then explained that many Abenaki families, such as the Lagrave, had settled in the Adirondacks during that period. Note that Dr. Roy conducted part of his doctoral research in Odanak.

The next presenter was Ms. Andrée Dennis-Newton who told us about her family's history, her departure from Odanak for the Adirondacks and visits she makes several times a year to those who are still in Odanak today. Ms. Dennis-Newton also presented some very beautiful pieces of her art which she learned from her father, such as woven baskets and sculptures (e.g. masks and totems).

After Ms. Dennis-Newton, Mr. James Watsaw told us how his father used tree roots to heal his family, and also how these infusions were effective to treat stubborn coughing bouts. Mr. Watsaw also explained how he had been forced to change his name when he was at school, changing the spelling of Watso to Watsaw.



« Tricker gourd » masks, from artist Ms. Andrée Dennis-Newton

Finally, Ms. Diane Cubit told us about her ancestors the DeGonzague, legends surrounding Split Rock Mountain and the importance of the dream world in her family. Mr. Cubit spoke about an exceptional Abenaki figure, the Mateguas, a rabbit guardian of the dead and the dream world.

To conclude, after this presentation, we were pleased to meet with the panelists and get to know them better and share a snack. They all responded to our questions, took the time to



Source : Diane Cubit

explain what we did not understood during the presentations and gave us the desire to learn more about Abenaki history and culture, from Odanak to the Adirondacks! Thank you for your warm welcome!

Special thanks to the Adirondack Museum, Micaela Hall and Daniel G. Nolett.

Note: Registered members of Odanak (residing in Canada or outside Canada) can receive services at the Odanak Health Centre.

Anik Sioui, Psychologist et **Sol Rivard,** psychologue 105, Rue Sibosis, Odanak (Québec) JOG 1H0 450 568-6766

The importance of early detection for youth

In a pediatric context, routine screening is practiced based on a preventive approach. Since a child's brain is in constant learning mode during early childhood, parents should be able to intervene early.

The malleability of a young child's brain is sufficient reason for early intervention. It is therefore important to identify as quickly as possible developmental problems (Glascoe, 2005). The importance of monitoring child development and detect problems as early as possible is increasingly recognized by many experts (Drotar, Stancin, & Dworkin, 2008). In fact, the American Academy of Pediatrics (AAP) recommends following the development throughout the regular monitoring conducted by a pediatrician, a family physician for young children or a nurse. This routine monitoring, which is also part of the Bright Futures Guidelines,

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incorporates routine screening using standardized tools.

Trained nurses are now conducting physical examinations of children and developmental delays. Referrals are made immediately to the required resource, providing faster access to the qualified professional for your child.

Faster access to resources in early childhood helps with school attendance, improves self-esteem and thus reduces dropout rates long term. The Odanak Health Centre screens and refers your children between the ages of 0 to 5. Do not hesitate to contact us for additional information.

Nathalie Harrisson,

Nurse Maternal and Child Health Odanak Health Centre

Diabetes in the communities



During the second half of the nineteenth century, the first cases of diabetes among Aboriginal people were diagnosed. Since then, the prevalence of this chronic disease has steadily increased, not only in our communities, but throughout Canada. According to a survey of Aboriginal people conducted by Health Canada between 2008 and 2010, the prevalence of type 2 diabetes, standardized by age, was 17% for First Nations people over the age of 18 living on a reserve. Meanwhile, the rate was 6.8% for Canada, a difference of more than 10%.

What could possibly explain this difference? Why are Aboriginal people more affected by diabetes than other Canadians? To try to answer this question, we must refer to diabetes risk factors.

Biological factors such as age and gender provide few answers. As in the general population, the diabetes rate increases with age, although more and more young adults, teenagers and children are affected. Among Aboriginal people, women are more likely than men to be diabetics. This is in contrast to what is observed elsewhere in the country.

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Could we then assume that the living environment is the cause for this disturbing difference? Various environmental factors do in fact have an impact on people's health. Take for example the fact of living in remote areas. Access to healthy food, health services as well as sports and recreation facilities is limited or impossible. In addition, «food marketing», the influence of peers and the community, access to well-paying jobs, to education, to hunting, fishing and gathering areas have well observable consequences on healthy behaviours.

Several genetic theories were also presented to determine how Aboriginal people have higher diabetes rates. One of the best known is the «thrifty genotype effect». According to this theory, Aboriginal people have a gene to better withstand periods of famine by making them better able to store energy. This energy, stored as fat, becomes a reserve to survive when food becomes scarce. There is little doubt that this «thrifty» gene is no longer an advantage today because the high-calorie food is abundant and easily accessible. This theory is now highly controversial and much research in epigenetics is being conducted.

So where do we turn to explain the high prevalence of diabetes in our communities? This is where we should put the spotlight on all the factors related to life habits: overweight, obesity, physical inactivity, poor eating habits, smoking. The abandonment of a traditional lifestyle for a more industrialized lifestyle has certainly aided in the progression of diabetes. It is true that it is difficult to change our behaviour, but it is not impossible. In many communities, diabetes prevention workers, nutrition and physical activity specialists are present and offer considerable support. First Nations people must rely on their knowledge and believe in their abilities to find a balance between their past and present lifestyles.

It is important to remember: it is much more than a matter of genetics, environment or biology, diabetes is greatly influenced by our lifestyle and our daily choices. This is good news, so we can prevent it and avoid it by making appropriate choices. We all have control over our lives, the power to change our habits and the power to reach our ideal health!

Evelyne Boisvert, Nurse

Fun for both!

All adults probably remember their first sexual relationship. This stage of life that everyone experiences in a different way is a very personal choice. Deciding when this moment should occur should not to be taken lightly. The important thing to remember is that this moment of intimacy that we share with a partner, is done with respect and that both are ready. For 50% of young people, their first sexual intercourse experience takes place around 15-16 years of age. However, many teenagers wait until the age of 19-20.

In order to be better prepared for that moment, there are certain things to consider;

- Talk to your partner! This will allow you to share your fears, your concerns and expectations in order to avoid misunderstandings.
- Use a condom! Affordable and accessible, it prevents unpleasant surprises such as an unplanned pregnancy or contracting an STBBI.
- Go at your own pace and pay attention to the other! Respecting the other person's limits is essential.
- Do not hesitate to talk about it with someone you trust if you have concerns. If you are overly uncomfortable, there are hotlines such as Tel-Jeunes.

Legally « In Canada, the legal age of consent is 16.

- If you are less than 12 years old, it's not legal to have sexual intercourse.
- If you're 12 or 13 years old: you can have intercourse with a partner of the same age as you or one who is at most two years older than you. If your partner is older than you, he should not be in a position of authority (for example, a youth camp leader).
- If you're 14 or 15 years old: you can have intercourse with a partner who is two years younger than you. You can also have intercourse with a partner who is at most five years older than you. If your partner is older than you, he should not be in a position of authority (for example, a youth camp leader).
- If you are between 16 and 19 years old: you can have intercourse with someone who is 14 or older.
- If you are 20 or older: you can have intercourse with someone who is 16 or older.³ »

Remember that you should never make love to please the other or because you feel pressured. A healthy relationship is developed first and foremost through respect and mutual trust.

Tel-Jeunes hotline: Text message: 514 600-1002 Tel: 1 800 263-2266 Website: http://telieunes.com

Isabelle Dupuis, Nurse HIV/AIDS Program

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Depression and physical activity

In industrialized countries, mental disorders affect 20% of women, 14% of men and 20% of children (mild depression). Depression would be the cause for 15% of work absenteeism among men and 26% among women. Several reasons affect mental health, including hereditary factors, changes in levels of neurotransmitters, endocrine alterations and psychosocial factors. Depression can occur at any age. Each depression increases the risk of a recurrence, the likelihood increases with the number of episodes experienced. It is therefore essential to take mental health seriously.

The treatments needed vary depending on the severity of depression. Physical activity is an integral part of achieving a state of wellbeing in combination with other methods. There is a relationship between the level of participation in physical activity and improved mental health. Physiologically, exercise has a positive effect on neurotransmitters (substances used to help neurons communicate with each other, such as serotonin) that modulate mood in the central nervous system. In addition, an active routine increases the individual's feeling of control, self-esteem, feelings of competence and improves sleep quality. Regular practice of activity (> 150 min/week) could prevent depression. It is important to note that physical exercise cannot cure it because it is a disease.

Whether to prevent depression or chronic diseases, introducing or increasing physical activity in your life is not an easy thing to do. To improve your chances of success, you have to be convinced of your ability and of the importance of making a change and that the benefits of your actions are well worth the effort. Clinically, the objective of the kinesiologist is to provide the tools necessary so that patients can find their own motivation for this change to become sustainable. Do not hesitate to inquire about the services offered at your community health centre.

Jessica Papineau, Kinesiologist Étincelle (spark) project Odanak Health Centre



A busy end of year at Kiuna

On May 7, two events closed out the 2014-2015 school year at the Kiuna Institution.





First, Kiuna graduates invited other students, the people of Odanak and representatives of other communities to a vernissage. The event unveiled the result of their synthesis research work on the theme EDUCATION AND FIRST NATIONS. Around fifteen presentations in the form of texts, videos, artistic montages and interviews were shown to sum up their academic achievements over the last two years.

Subsequently, an awards ceremony was held to highlight the work by the students during the 2014-2015 school year. More than 25 students were nominated and presented awards in categories such as perseverance, diligence, cultural involvement, social involvement, academic performance and the highest average. These students included Raphaëlle

O'Bomsawin, Jennifer O'Bomsawin and Jessica-Ann Watso, three youth from the Odanak community.

At the beginning of the ceremony, an artistic performance was given by first year art students, which surprised the people in attendance. The performance was entitled Le nouvel équipage porteur de l'avenir, and combined both modernity and tradition. During the performance, the art students handed out a symbolic degree to graduates, indicating they could now leave Kiuna in confidence, as they were now ready to take the lead.

There were also various musical performances by students and teachers during the evening, thereby Prudence Hannis

creating an exciting and fun environment for the audience.

In closing, Kiuna would like to wish everyone a wonderful summer holiday full of joy, happiness and rest.

Note that the Kiuna Institution is still accepting registrations. People interested can obtain information by visiting the Kiuna Website at www.kiuna-college.com, under the tab « How to apply ».





The band council has two (2) apartements for rent.

30A et 30B Managuan Street

PLEASE CONTACT MONIQUE O'BOMSAWIN 450 568-2810

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Next public assemblies *SEPTEMBER 26*[™], 2015 For more information 450 568-2810

> You want to publish a text? Community member who stands out? A news to report?

Next deadline: September 4th, 2015



